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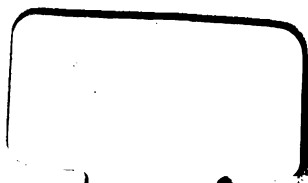
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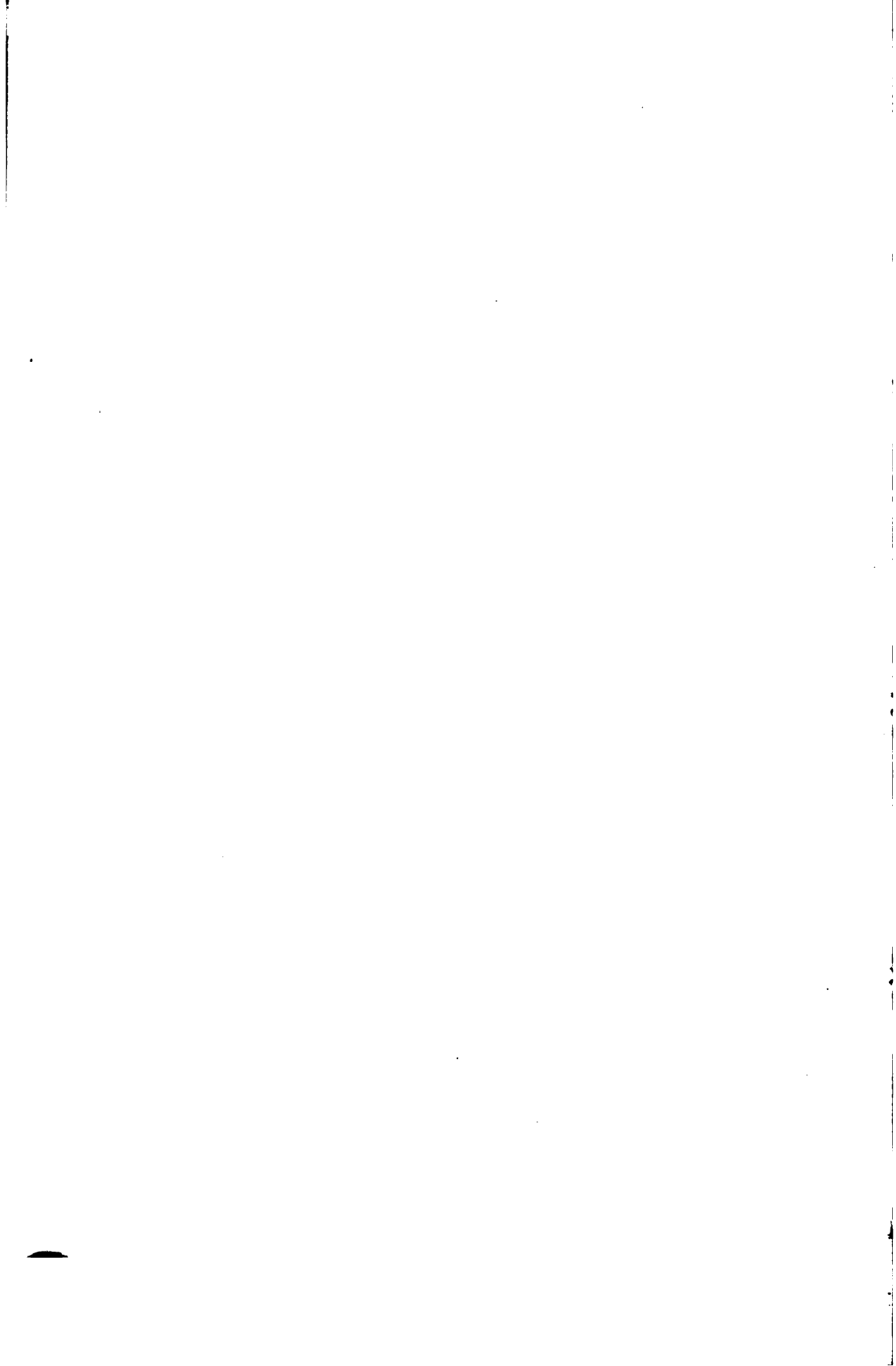
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**The Conservation of Youth and
Defense of Age**

The Conservation of Youth and Defense of Age

De conserbatione iuventutis et retardatione senectutis

By Arnaldus of Villa Nova, A. D. 1290
Translated by Dr. Jonas Drummond
A. D. 1544, with Additions from
the Breviarium of Arnaldus

Edited by
Charles L. Dana

The Elm Tree Press Woodstock Vermont
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The Elm Tree Press

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PREFACE

The "famous clarke and right experte medycyne", Arnaldus of Villa Nova, was a native of Spain and was born about 1265, in the village from which he gets the allocatory part of his name. He was educated at Paris and Montpellier and he became one of the most learned physicians of his time. He was, in the mediaeval way, a fashionable consultant, being a favorite and friend of the contemporary Popes and of the Kings of Spain, Naples and Sicily. He was familiar with all the medical science of the day, and in addition to this he worked in chemistry. He introduced alcohol and alcoholized and medicinal wines to Europe, and he is called one of the fathers of chemical medicine. He also practiced alchemy and astrology, in which sciences he acquired both good and bad repute. He was once imprisoned for a day and his books were at one time burned; yet Pope Clement later approved them and ordered the Universities to preserve them. He made some study of theology under Dominican teachers; and at one period he was active in theological controversies, attacking the errors of the church; yet he incurred no serious penalties, and lived to old age, so that one concludes that he must have been a very clever man. Late in life he was something of a

diplomat, and was sent by James II, King of Aragon, to the Court of Philippe le Bel of France.

Arnaldus was an incessant traveler, his services being in demand with the Popes and by the various royalties of Italy and Spain. Besides, he had a restless temperament, a mind eager for knowledge and a zeal for progress in his art.

Despite his activities of body he found time to write a monumental treatise on medicine, besides many works on special medical topics.

He translated about the year 1310, with comments, the celebrated *Regimen Sanitatis Salerni* or Rules of Health as prescribed by the long famous medical school at Salernum. This became one of the popular books of the time and as soon as book-making began was published by many of the presses of Europe. From 1474 to 1500 an edition appeared almost yearly and the number of editions from 1474 to 1846 amounted to two hundred and forty.

Arnaldus was a kind of specialist in the matter of preserving the health, and he was asked to prepare for King James of Spain a treatise on the art of keeping young. The present work on the conservation of youth and the warding off of old age is the result.

Although Arnaldus knew Latin, Greek, Arabic and Hebrew as well as the languages of his day he did not possess an easy style. His translator, Dr. Jonas Drummond, however, a good critic assures me, has turned the work, or a part of it, into smooth and mellow English. He

has at any rate enriched the art of spelling with an ingenuity, a fertility of resource and absence of convention and restraint which should delight the simplified spellers of today.

The work we let speak for itself. It contains for the most part counsels that are sound even if obvious. There are in it some "very secret things", yet perhaps nothing that will entirely revolutionize modern hygienic methods.

Arnaldus was a believer in the Galenical pathology. According to this, man has four temperaments, hot, cold, wet and dry. To keep well one must hold these temperaments and the four humors which lie back of them in equilibrium. If one of them gets to be predominant, as when there is an excess of bile, he has a crisis, i. e., he becomes ill.

Now the theory of Arnaldus regarding old age was that the cold and dry humors predominate and deplete the body. It is necessary to antagonize this by stimulating the warm and moist humors, thus restoring the equilibrium. Arnaldus has a special regimen for each temperament and humor.

Old age is prevented by attention to these regimens. But he has also a general regimen applicable to all temperaments, and these are his general laws of health. He advises moderation in all things, a life equally and regularly divided between moderate exercise of the body, physical repose, waking and sleeping, mental work and some kind of amusement. He especially insists on the utility of intellectual diversions; music,

story-telling, theatres, traveling. He is opposed to exclusive or peculiar diets, sharp changes in food and too long or too short intervals between meals. He modifies his regimen, according to the season. The spring favors the warm and humid humors, leading to dangerous repletion, hence the use of purgatives and bitters at this time.

Arnaldus advises the free ventilation of houses, recommends wood fires rather than those of charcoal "whose fumes distil a dangerous vapor." He prescribes proper clothing; and he is very advanced in oral hygiene for he thinks that the mouth should be thoroughly washed after each meal. He advocates a system of hydrotherapy, and the daily cleansing of the skin; a well-functioning skin is for him a guaranty against every disease.

When the temperaments are out of equilibrium, something more is needed than regimen and Arnaldus prescribes his medicines. These are chiefly warm aromatic drinks, ptisanes, concoctions of herbs that act chiefly on the kidneys, skin and bowels, cleansing and regenerating the body.

His remedies are largely vegetable; but he was especially expert in preparing and prescribing medicinal wines. His *eau d'or* or water of gold is a very secret and highly esteemed preparation. It contained no gold but consisted of rectified spirits specially aromaticized. His mixtures must have had some of the qualities of the modern cocktail, of which Arnaldus may be said to be the inventor.

All the measures for the conservation of youth indicated above are not given in this treatise; but are referred

to or implied. They are given in detail in his Treatise on Hygiene, or in his *Regimen Sanitatis Salerni*, both written earlier in life.

Arnaldus in his book gave, besides general advice, many prescriptions and many details as to the use of special foods and drinks. Having gone over these, however, in the original, I am of the opinion that they are too technical or obscure for a modern lay treatise. A few prescriptions and special comments on food and drink, given under the head of *Sermones*, are added to Drummond's work, not using, however, the immortal orthoëpics of that author. His book was published about 1544.

The learned translator, Dr. Drummond, an English physician of the early sixteenth century, is unknown to fame. His name is not in the Dictionary of National Biography, but he uses English ingeniously, and has translated the text correctly so far as he went. He is not quite fair to Arnaldus, however, in that he does not give us the whole of the original text.

The special interest of the treatise of Arnaldus lies in its being the matured advice of an erudite, experienced and popular physician of the thirteenth, sometimes called the greatest of centuries. And it also gives a good illustration of early sixteenth century English writing, spelling and book-making, before the time of Shakespeare, and at a period when there was a freedom from restraint which writers now do not possess.

The English work is very rare. No copy has been in the market for thirty years. The present edition follows

closely the type and spelling of the original copy now in the British Museum.

These are days when hygiene is earnestly preached, and, with somewhat abated zeal, is practiced. The fact that in the thirteenth century it was a popular and much appreciated study by the doctors and laymen of the middle ages deserves recognition, and most of the doctrines taught then can be safely followed now. The periodical starving cure as advised by Arnaldus is perhaps the method which modern science accepts as especially efficacious and advanced.

Everyone over sixteen is interested in the conservation of youth and the defence of age and so there is something for all grown-up people in this book.

As was the custom in the days of Arnaldus we would say:

*"Quem prudens lector mercare et perlege, habebis
Ingentes parva divitias pretic."*

"Buy this, prudent reader, and read it through,
And you shall have huge riches for a little sum."

CHARLES L. DANA



ARNALDVS
Villanovanus.

¶ Here is a newe
Booke, called the defence of age/
and recouery of youth/ transla
ted out of the famous Clarke
and ryght experte medyc
cyne Arnold de Noua
Villa/ very profyta
ble for all men
to knowe.



Title page of Drummond's original book



Unto the noble and vertuous my La
 dy Marget dowager, Niece, vnto the moste
 noble & crysten, pryncce Henry 8. viii. kynge
 of Englande & of Fraunce, defender of t
 sayth, & vnder god supreme heede of t
 Church of Englande, syster vnto
 the moste noble & chrysten pryncce
 James, kynge of Scottes
 daughter, vnto the noble countie Archesbald
 Erle of Anguysshe, Thomas

 Drumme her humble ser;
 vnto, desueth grace
 and helthe.

Sory I am to offer vnto your noble,
 and vertuous Ladyshyp so small a
 booke, were it not so that I am purposed
 to recompence your Ladyshyp, with a
 greater, so that this maye fauourably
 be receyued (which to beleue) the very no
 blenes, and gentylnes that is in you. per
 swadeth me, also I hope that ye wyl con
 syder rather the herte of the gyuer, then
 the gyft it selfe which although it be but
 small in quantite, yet it is great in effecte
 & this done, I shall desyre god entperly
 to preserve your Ladyshyps noblenes.

Dedication of Drummond's book

The cōseruaciō of youth
 and withstanding of age, con
 sisteth in the mayntenyng of
 the powres, the spyrtes, & the
 naturall heate of the body in theyr state
 and temperancy: & in the cōfortyng and
 repayryng of theym beyng defectue.
 For so longe as the powres, the spyrtes
 and the naturall heate of mannes body
 are not debylitate nor weakened, so longe
 (I saye) neyther shall h̄ skynne wrynkle,
 for the debyltye of h̄ naturall heate decay
 nyng to coldenes and drynes throughe
 the which the fode & nourishment of the
 body is corrupted & hyndered: is cause of
 corrugacyon or wrynklyng of h̄ skynne.
 For the meate beyng fyrst dygessed in
 the stomacke, and then shortly after sent
 in to every parte of the body, is dygessed
 agayne of h̄ naturall heate of the same
 parte, where it is receyued: than yf that
 this naturall heate be by any occasyon
 corrupted or destroyed: the fode also is
 sent to the same place, shall be lyke wyse

2. ii.

and humyration, that is to saye, war-
myng, and moystyng, of both equally,
by meates, and drynkes, and medycynes
conuenient, by exerceyse, and gladnesse.

Cowe that he maye kepe his body in
such temperancy, that he may lyue with
out þe horryble daunger of greuous sycke-
nes, and the better able to serue almygh-
ty God, to whom be all honoure.

E T I D I S.

Imprynted by me Robert
Wyer/ dwellynge in saynt
Martyns parvyllhe / at
the sygne of saynt
Iohn Euangelyst/
besyde Charyn-
ge Crosse.



ROBERT WYER

There is a newe
Booke, called the defence of age
and recovery of youth transla
ted out of the famous Clarke
and ryght experte medycy-
ne Arnold de Noua
Villa very profyta-
ble for all men
to knowe.



Unto the noble and vertuous my La
dy Marget dowgles, Niece, unto the moste noble
& crysten, prynce Henry ye viii. kyng of
Englande & of France, defender of ye
fayth, & vnder god supremehead of ye
Churche of Englande, systre vnto
the moste noble & chrysten
prynce James, kyng of
Scottes
doughter, unto the noble countie Archibald Erle of
Angusshe, Jonas Drumme her humble ser-
uytor desueth grace and helthe.

Sory I am to offer vnto your noble,
Sand vertuous Ladyshyp so small a
booke, were it not so that I am purposed
to recompence your Ladyshyp, with a
greater, so that this maye fauourably
be receyued (which to beleue) the very no-
blenes, and gentylnes that is in you, per-
swadeth me, also I hope that ye wyl con-
syder rather the herte of the gyuer, then
the gyft it selfe which although it be but
small in quatite, yet it is great in effecte
& this done, I shall desyre god entyerly
to preserue your Ladyshyps noblenes.



The coseruacio of youth
and withstandyng of age, con
systeth in the mayntenynge
of the powres, the sppyrites, &
the naturall heate of the body in theyr
state and temperancy; & in the cofortyng
and repayrynge of theym beyng defective.
For so longe as the powres, the
sppyrites and the naturall heate of man
nes body are not debylitate nor weken
ed, so longe (I saye) neyther shall ye
skynne wrynkle, for the debplyte of ye
natural heate declynynge to coldenes
and drynes throughe the which the fode
& norisohement of the body is corrupt
ed & hyndered: is cause of corrugacyon
or wrynklyng of ye skynne. For the
meate beyng fyrste dyggested in the
stomacke, and then shortly after sent
in to euery parte of the body, is dyges
ted agayne of ye naturall heate of the
same parte, where it is receyued: than
yf that this naturall heate be by any

occasion corrupted or destroyed: the
foode also is sent to the same place,
shall be lykewyse corrupted, & then
so ensueth corrugacyo of ye skynne, &
hore heares, as ye maye se in ye aun
cyent & aged men, when they be colde &
drye, for horenes cometh of ye defecte
of naturall heate, the which defendeth
the body fro age, age properly doth make
ma colde & drye, & therefore they be of
lytel blode, and the powres & natural
heate in them very weke, & vnable to co
coctyng & dygestyng of meate, wherfore
there increace great plety of humidites
and crude rawe humours, & therefore
the thre sprytes & the thre digestions in
age be decayde, & in the rayneth ye debili
te of heate, & this foloweth with ye course
of tyme, ye whiche course may be som
what let and defeded by Phisicke, & by
auoyding of suche accidentall causes as
do induce age, as sorowe, study, heuy
nes, desperacion, ouer moch venery, la

hour, traueyl, or rest, & whe age by any of these causes is come, then to amputat or cut awaye the cause by thynges apropiat. And for the preseruacyo of the powres, is no better thyng then a syrupe made of wyne and suger, myxte to gyther. iii. partes of wyne, & ii. partes of suger dronke with fayre water, or borage water. This syrupe is both meate and drynke, and in it be two thynges confycte togyther, whiche are moste frendly to nature, & when the powres be weke they nede such thynges as may coforte them, both meates, drynkes, and other sppyces, and moystynge medycynes, and this is a very secrete thyng. Corrugacyon and reuelynge of the skynne requyre suche thynges, as do clense & make playne & smoth skynne, w^t certayne oyles, waters, & oyntementes. Goodlynnes and fressshnes of coloure, is by fedinge bpon such meates & drynkes, as do engender good &

laudable blode, & are lyght of dygestyon, and by such thynges, as do clense ye blode corrupted, and the other powres is, ouermoch euacuacyon, or to often lettynge of blode, or suche other lyke thynges. These thynges may be amended with thus, eatynge of chekyns, and chekyn broth, with due rest and slepe, and also with swete and odoryferous thynges, and suche other lyke.

Thynges engenderynge euyl and rotten flume, be fruytes, fysshe, all thynges made of mylke, & such other, of the whiche be engendred watery humours, not dygestyble in the membres, & then in the same membres it causeth horenesse, and wryncles. But amonge all other thynges there is nothyng, the which so strongly doth cause a man to loke oldely, as feare and desperacion. For because in that passyon and effectyon, all the naturall hete of the body doth resort inwarde, and forsaketh the

outwarde partes, and ye most chesely,
when the manes complexyon is dispos
ed to the same, and that is the cause
that many beyng toste, turmoyled, and
bexed, with this worldly stormes so
baynly theyr heer waxe hore, or whyte.

I Nowe thynges that do resyste or put
away these causes, are chosen the ioyce
of Pomegranate, & chesely golde, & the
ioyce of Borage, & of fumytorpe, &
specypally grene and purtyed, and ye
vertue of the rote of Playntayne and
suche other.

The rotten fleume is destroyed with
the vse of Myrabolanes composed, and
Aloe rosatum, and Agaryke, thynges
to be had at the Apothecaries. And ye
wherewith properly both melancolpe &
fleume be expelled out of the body, is
Eleborus niger, called in Englysshe
Beares foote, prepared by a certayne
maner vnto few knowen. For in the
rectifying of ye malprounesse of this

herbe, standeth all the secrete of his operacyon, for by hym a man shal be altered from euylcoplexion to good, and it restoreth youth agayne, but it is not conuenient for delycate bodyes and noble complexions, & therfore I wyl say lytel of hym. Beware ye neuer entremedle with this herbe, without the aduysement and counceyll of some experte and well learned Physycyon.

¶ Also Dianthos composed with suger, the whiche properly doth consume the fleume and melancoly being in the heed, and it tarieth and letteth the hore heres coroborateth and strengneth the censes, and prologeth the lyfe, & chesely when a quatite of it is disolued in aqua vita wel and craftely made, & somtyme it is disolued in wyne, & lyeth in it. ii. or. iii. dayes, & then strayned, & so vsed conueniently, accordyng to the counceyll of a Physycyon.

¶ Other thynges also there be, whiche

quycken & maketh lusty ye body, as
Diacameron, **M**irabolany, **C**hebuly
composed, which by theyr property do
consume and waste the flematycke sup
erfluytyes of the stomacke & do com
forte hym, and do clarify the blode and
be of great force agaynst melancoly, and
thuse of those do comforte youth, and
causeth a man to waxe yonge agayne,
& defendeth a man from hore heares,
also the decoction of sene with **D**iabor
aginatum, & the whey of goates mylke
and such other. And one of the chese
thyngs, wherby age is defended and
youth prolonged, is once in a moneth
to haue a vompte, to expel the fleuma
tyke humour, and once in a weke to re
ceyue aclyster, and specyally that com
posed of the ioyce of **M**ercury, wallwort
elder, and bete w^t halfe an ounce of pero
pegara, the whiche is a great secrete.
And also subiction made with **P**ero
pigra, or **C**assia fistula, and the ioyce

of fresshe **Roses**, preparate with sugre, is a goodly easer of nature, mynystred wysely, and it is blessyd medycyne to make a man soluble, and therewith also it comforteth the pryncypal membres in man, and altereth the euill dysposicion of man to good, it openeth opilations or stoppynges. It comforteth the herte, and clenseth it, and to speke of the prayse of this medycyne wolde requyre a longe processe. Other thynges also destroyinge and consuming the humours, which cause age are those temperate **Spyces** knowen to euery body, **Cloues**, **Cinamome**, **Liquiryce**, and such other, but most pryncypally, when they are conficte & incorporate with good wyne, and so (beyng fyrst somewhat watered) receyued and dronken.

Also it is not unknowen, howe that pylls made of myrrha, be of an excellent goodnesse in the conseruacyon of

helfth & lyfe, for it withstandeth putrefaction rectifieth and sincereth that which is redy to putrefaction, wherfore this Myrrha is confycte with suche thynges as deade bodyes are incered with all, to defende the corse from putrefaction. And the fore sayd spyped wyne, when it is receyued of man, it spredeth it selfe abrode in ye partes of the body, and comforteth all the partes of the body, and dryeth vp the superfluous humydyties of the body, also the powder of the same spypes vsed with meate, profyteth wonderfully.

¶ Howebeit, yf the man be of a dry dysposycyon, then shall it be nedefull to adioyne to these spypes, some more temperate thyng, as the ioyce of Pomegranates, Rose water, Sugre, Lyckerice, Resyns, and such lyke. Diacameron restoreth dygestyon, losse and comforteth it, and Trifera passeth all declynnyng somwhat more to calidite.

The naturall hete then & the meate
compyng to the membres beyng decay
ed or corrupted, which become of put
ryfied colour, furthwith ensueth corru
gacyon, and olde lokynge as ye may se
in such as are scaby, in any parte of
theyr body, for that parte beyng en
fected, it semeth rynkled and olde skyn
ne. The infection beyng once departed
agayne, the skynne sheweth it selfe
fayre, smothe, and yongly, and to those
golde preparate is souerayne, & the wyne
of Pomegranate, and this is specyal
good for the leproy. And this wyne of
granates taken and receyued holwe ye
lyst, hath properte to extenate the hu
mours, and to alaye the hete of the lyuer,
and to comforte all partes of mans
body offended with heate, and it is good
agaynst wekenes of herte, fortyfeth
the mouth of the stomacke, & comfor
teth the herte. Also Mirabolani Re
bult conditi be very good both in hote

and colde dyseases they comforte the stomacke, and dryeth by the superfluous moystenes of the same, and besydes this they helpe the melancolicke people, they clarefy and make clere the blode, and the spyrtes, neyther is there any thyng more excellent for that purpose then these.

¶ Also borage wyne made (in tyme that grapes be gathered & pressed) with must is pryncipally good for melancoly, faynte herted, and mad people, for it clenseth the blode, & taketh away euyl fantasies, and comforteth all the regetyue power, and encountreth all corrupcion. The electuarie also of the Myrabolans vsed, is a thyng ryght often proued and alowed, to the conseruation of helth, and prolongynge of the lyfe, and to waxe yonge agayne, for it comforteth the stomacke, & maketh it apte & lusty, & consumeth ye watrynesse lefte of the fore sode, & the vse

of this electuarie withstandeth age, & causeth man to lyue longe by the help of god.

CAgayne certayn suffumigations and sauours made of conuenient thynges, and accordynge as the man nedeth, is very profytable. ¶

CBathynge also temperatly without any great sweatynge so yt onely the skynne be mundefyed and clensed from fylthynes, is holesome and profytable, for therby ye powres are opened, and the superfluous humidities lurkynge within the skynne, be wasted and dryed vp. ¶

CBut the vse of good wyne in the whiche such sppyces, as we haue spoken of before, haue ben steped, and the vertue of theym in it resolued, temperatly taken with a lytell water myxte therewith in due season, shall passe and enter into all the hydde wayes of the body, and it shall drye vp all the euyl

humydities, & comforteth all the inward partes, & perfectly doth open all maner of opilacion or stoppyng, the whiche is secrete for the aparycyon or openyng of places opilat, or stopped, causeth ye lyuely spyrts to rune throughout euery parte of the body, and causeth the naturall heate for to waxe stronge, and to be of great force, but opilacion or stopping causeth the contrary, for the naturall hete beyng conculcate, or strangled, not haupng the fre passage throughe euery parte, is therby debyltate and weakened, and so not suffycient and myghtye to seperate the pure from the unpure, wherupon the superfluous humydities rotten & putrefyed be in the body moche increased, and thereby consequently ensueth wrynkelinge of the flesshe and skynne, and age at hande.

¶ An other also stronge meane there is to defende age, and to recouer youth

agayne, by abstynence, and conuenient
for bearynge of your quantyte of meate,
vn to such tyme as the body be brought
very lowe, and made very spare, and
then to restore, and norysshe it agayne
with laudable, holesome, and good fode,
whiche hath a propertye, to engender
cleare and pure blode. ¶

¶ This poynte also do they obserue
the whiche make fat Oxen: whose fles
she the more it waxeth lean and bare,
ye more also dothe it be come tender
and yonge, and the better afterwarde
do they lyke and batten, and ye may al
so se the practyse of this in suche as
be lately recouered from sykenesse.

¶ But to be shorte, he y^t wyll refrayne
age, and conserue youth, let hym not be
neclygent in chosyng of his meate, that
it be suche, as maye brede good, cleare,
fat, thyrke and viscous blode, and then
may he withstande well age.

¶ And when that suche humpydtes,

or moystenesse, whiche are in the body, and crude humoures are increased in man, then hath he nede of such thynges whiche do extenate and exiccat those superfluous moystenes, and such thynges as may dygest the crude or ratwe humours, syncere and depure the hole body.

¶ Amonge other thynges, suche as waxe aged, haue great nede of calefaction, and humystation, that is to saye, warmynge, and moystyng, of both equally, by meates, and drynkes, and medycynes conuenient, by exercyse, and gladnesse.

¶ Nowe that he maye kepe his body in suche temperancy, that he may lyue without ye horryble danger of greuous syckenes, and the better able to serue almyghty God, to whom be all honoure.

¶ J I A I S.

¶ Imprinted by me Robert
Wyer dwellinge in saynt
Martyns parysse at
the sygne of saynt
John Euangelyst
besyde Charyn-
ge Crosse.



Appendix

Containing further Notes from the *Conservatio*
and Extracts from the *Breviarium*

*Honey of the color of gold is good
for the digestion of the aged.*

Regimen Sanitatis

THE CONSERVATIO

The following is a translation of part of the *Conservatio* which was not given by Drummond. It contains an introduction and a selection from his royal medicamenta. The prescriptions call for the use of herbs still used to some extent at the present day. They consist mainly of aromatics, spices, wine, oil and laxatives.

Dianthus This is the ordinary red garden pink. It is used as an aromatic for making syrups.

Cheboly is one of the varieties of the myrobalanus.

Borage (*Borago officinalis*) is a European annual. It is still used in infusions as a demulcent, cooling and diaphoretic drink.

Bear's Foot (*Polymnia uvedalia*) is a plant to which great virtues have been attributed.

Myrobalanus This is an East India fruit in high repute with the Arabians and esteemed for its primary laxative and secondary astringent properties.

Mercury (*Mercurialis annua*) This is a European herb employed from ancient times as a purgative diuretic and emmenagogue.

Agaric is the fungus of the genus *Agaricus*. It was used as a purgative; in recent times for night sweats.

THE ROYAL MEDICAMENTS

We have now come to the end of this brief investigation of the principles which determine the proper regime to be followed, for prolonging youth and retarding the advent of old age with all its inconveniences. It remains for us now to set down one by one a few prescriptions

which are called "the royal medicaments." These have been summarily mentioned in the course of the preceding treatise, and the reader has already been referred, in connection with them, to the standard works, both practical and theoretical, dealing with the various branches of the medical art. The prescriptions that we specify here below are those which usage has more generally adopted, and those which modern scientific investigation considers most effective.

Prescription for oenocrocus and eleocrocus. This compound restores tranquillity of mind and cheerfulness. Take a small quantity of saffron and put it in a large bag of very thin linen. Place this bag in a cloth-strainer or else in a linen sac. Pour either wine or oil over it so that it will absorb the essence of the saffron. Repeat the operation as often as you please until the liquid has drawn from the saffron the required color and flavor. Spices, if desired, may be added at pleasure.

Prescription for a steam-bath. Put a decoction of rosemary plants and of rosemary flowers in a tub of steaming water. This vapor bath will rejuvenate you and you will be like the eagle of Biblical memory. You may also use stoecas, and sage, and camomile. Washing your feet in a decoction of camomile opens up and clears the brain. Such baths are very strengthening and relieving.

Prescription for an electuary which will be found helpful to those afflicted with melancholy, to those who rave, to those suffering from jaundice; to the wrinkled and the withered; to the hypochondriac; for excessive heat in the extremities; for yellowness of the eyes and premature hoariness; for stomach and heart troubles. R: myrobalans, six drachms; fruit of terminalia, three drachms; ind., one ounce and one-half; emblic and belleric, each six drachms; mastic, one drachm; aniseed and fennel, each one drachm; spike, cloves, aloes, each one-half drachm; honey, three ounces; sugar as much as is necessary. This is the electuary called the Arabic trifera.

Prescriptions for the hiera pikra. The properties of this medicine are well known, and the etymology of the term tells us of its good qualities. However the *hiera pikra* made up of *six* ingredients is very sluggish, and, unless a great quantity of it is administered, it remains in the intestines, on account of its sluggishness, and simply moves the feces without ridding the bowels of them. But the *hiera* which is compounded with *sixteen* ingredients is efficacious in small quantity — one drachm to two and one-half; — it reaches even to the remotest parts of the intestines, relieves them, and causes an abundant evacuation. In the composition of this latter *hiera* are found the drugs that produce the results claimed for by the "sublime" medicaments, that is laxation, and relief of all the principal organs. R: cinnamon, spike,

andropogon schaenanthus, cassia lignea, white balm-tree, fruit of the balsam-tree, worm-wood, cuscuta epithymi, turpeth, agaric, colocynthe, mastic, each two scruples; aloes in quantity equal to the total weight of the preceding; honey, scummed and strained, as much as is needed.

ON THE DEFENSE OF AGE THROUGH THE CARE
OF THE BRAIN

The arrangement of the brain, which is the seat of the "*spiritus animalis*", is not to be slighted. Its functions indeed are disposed, as are the functions of the stomach, to fulfill in the highest measure the things for which it was created. When a part of the body performs that natural operation assigned to it by the blessed Lord, it is healthy; whereas illness or weakness is nothing else than an interference with the due operation peculiar to an organ. From this fact comes the great attention given by every man to anticipating permanent illness, either in avoiding that which causes the damage, or removing the damage itself.

With this digression, which is not without its aptness, let us return to our original subject; and we will note that the substance of the brain is created cold and humid; and for this reason the phlegmatic humor is concentrated in most people in very large quantities around it, especially in those people in whom the other parts of the body are of such nature and condition that they transmit it to the substance they use. Therefore in those most

subject to this condition, the hair of the face grows white more early than that of other parts of the body and on some heads more rapidly than others, and the traces of old age appear. Our whole problem, in a word, consists in reducing the existing humor and in removing those things which produce it. On the temples and front part of the face the hair grows white more rapidly than elsewhere; since there, more of the crude vapor reaches, by which the matter which produces old age is made subtle and the more ready to penetrate to the roots and substance of that hair.

We must know further the construction of the brain and its functions in relation to its whole substance; for these functions derive their aptitudes from these things that belong to the kind of living work they do. The functions are four, motorial, natural or automatic, of co-ordination and of feeling. So the movements of the parts of the body have a relation to the different parts of the brain. And this is very important knowledge; for if a person knows the arrangement of the brain, the active and passive consequences of its simple and complex operations, it is not difficult to reach accurate conclusions concerning them. This much however must be borne in mind: great sleepiness is the symptom of much phlegmatic humor; and sleep itself, which is the resting of all sensitive and animal functions, is a great producer of phlegm; choleric and acute and stalwart minds are little addicted to sleep, much addicted to dreaming; they have keen wit, grow gray haired late in life and have great boldness.

And such people are subject in youth to dangerous illnesses, but if they survive them in the age of vigor they live to greater age than usual and in exceptionally good health. Now all dryness tends to remove from decay and corruption ; hence arises a certain custom of eating a great deal of salt, and many men who know have recommended placing salt in bread. Salt moreover and all diuretics, acids and cleansers are solvents and dispellers of the phlegmatic humor and and other watery substances. That is why they enter into the subject of this book ; Moreover those who are closest to nature are best qualified to study such diseases ; and the astrologer in many things agrees with the doctor and so what he says is not to be disregarded.

Arnaldus then proceeds to tell how cold and moist humors are to be controlled.

And to conclude let us say that the medical science deals with a noble being and that it is a necessary art : that it was created for the preservation of good health, and for the protection of the life of man who is the worthiest of creatures ; that no physician should be ignorant of nature and that he should always be consulted before anything is done in connection with the treatment of maladies. And so now this treatise is complete ; and the whole book is also complete, with thanks and benedictions to the Lord and to the glory of his most serene majesty Robert, King of Jerusalem and of Sicily, to whose sway may all nations become subject.

THE BREVIARIUM

ARNALDUS ON THE CAUSES AND CURE OF HEADACHES

Arnaldus wrote a treatise on medicine which he called the *Breviarium*. It was one of his important works and was held as high authority. The purpose of the work is told in the following Prologue:

PROLOGUE

After the death of Master Johan Casamida, of blessed memory, professor of medicinal science, my most respected master and beloved teacher, I made up my mind to compile a certain book on the practice of medicine, which I should call a *Breviarium*, in four books, in which, with God's help, I should treat as best I might on symptoms, causes and cures of all the diseases that affect the human body; and therein I should bring together for rich and poor alike the treatments of divers physicians and teachers, which might be useful to the universality of ailing people. I will give special prominence there to the treatments of my own teacher in medicine and to all these that I myself have put to test; as well as including there all the others, without envy or malice, which in the days of my life I have seen, and all teachers whatsoever, men and women, even the simple-minded and untutored ones.

Arnaldus' list of diseases of the brain was small. There was epilepsy, phrenzy, apoplexy, somnolence and insomnia, but the various kinds of headaches included also what would come now under the head of

meningitis, brain humors, etc. Headache is dealt with at very great length therefore. There were eleven kinds of headaches.

- 1 Headache from exposure to cold (grip-headache).
- 2 Headache from over-heating (congestive).
- 3 Headache from blood poisoning (toxic).
- 4 Headache from excess of phlegmatic humor in the brain, with profuse nasal discharge (catharral).
- 5 Headache from black bile (ex melancholia, bilious).
- 6 Migraine (hemicrania).
- 7 Headache from excess of phlegm in the stomach (dyspeptic).
- 8 Headache from black bile in the stomach (another form of bilious headache).
- 9 Headache from yellow bile in the stomach (another form of dyspeptic headache).
- 10 Headache from congestion of the stomach and liver (dyspepsia, sour stomach).
- 11 Headache from bile in the head (another form of bilious headache).

Headache in General. In as much as all nerves originate in the brain and as the latter is the root of all consciousness (as Galenus says in the Tekne), we must consider disorders of the brain as a most important and impressive subject. The brain in fact is frequently disturbed by many sorts of diseases, arising from the humors located within it, or coming from the stomach or other sources, now from the distemper (distemperantia) of cold air or from heat (such as the heat from the sun), now from a draught of air and other causes of this sort, concerning which, God willing, I shall speak below.

When the brain has been distended (inflatum) or compressed (conflatum) by the distemper of cold air, it spreads its humors (just like a sponge full of water when

squeezed) through the other parts of the body; but if on the other hand it has been dried up (shrivelled) by the distemper of hot air, or by the heat of the sun, it attracts (like a cupping glass) the humors from the other parts of the body to itself and then spreads them through these same members. And this has usually been the cause of divers diseases, for we see many people falling sick from these causes, since from the rheum descending from the brain come catarrhs, hoarseness, coriza, ear and tooth-ache, paralysis, quinsy, peripneumonia, consumption and many other diseases; and oftentimes it comes about that the patient suddenly succumbs to some one of the above mentioned ailments, so that the skilled physician, in dealing with sufferings of the brain, must be prompt and attentive in controlling this rheum, whenever practicable, lest the patient become subject to these mortal ailments or diseases, for as Aristotle says in the *De Animalibus*: The brain is exposed to many causes of rheum, since it is like an inverted tree (i.e. with branches extending in in all directions).

Headache Due to Draughts. Headache resulting from exposure to a draught of cold air presents the following symptoms: the patients will admit that they have been affected by wind or snow or some other kind of cold air: the whole head aches with cold (with a chill?); the nostrils are obstructed and almost clear fluid is emitted through them. There is coughing. Sometimes there is inability to speak and almost all parts of the body are affected with a certain weariness.

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